

"Don't let diabetes destroy your life ... choose to live."

"Diabetes is a killer. After I was diagnosed, I had no pain, I didn't feel sick, so I didn't listen to my doctor. Then it STRUCK. I had a heart attack, then a stroke, and I was only 49! If only I'd known ... if only I'd listened."

The complications of diabetes often go undiagnosed, and are far more serious than you might think. Most people with diabetes also have high blood pressure and cholesterol, which can cause severe heart damage. In fact, 2 out of 3 people with diabetes die from heart disease or stroke.

Call 1-800-DIABETES for your free "Diabetes Survival Guide".

But it's not too late. You can reduce your risk of heart disease and stroke by lowering your blood sugar, blood pressure and cholesterol. Learn how.



www.diabetes.org